

# Restricting Carbohydrates And Seed Oils In Early Life Will Prevent Chronic Disease Later In Life

By Joachim Bartoll | Mar. 24th, 2025

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This Monday morning we return to [Examine.com](#) for another review of a recent study that goes [hand-in-hand](#) with my [previous articles](#) on the importance of following our natural human diet during pregnancy and feeding the growing baby with mother's milk and animal-based foods to guarantee proper natural development and health. [This study](#), although very [limited](#), does bring more evidence to the table of the extreme destructive forces of sugar, as in carbohydrates, and unsaturated fats, as in seed/vegetable oils.


*"The study was a natural experiment, a unique study design in which researchers observe the effect of an event that exposes a population to a specific condition. In this case, the researchers compared the disease rates in 60,183*

*participants who were conceived during and after a period of time (1942–1953) when the United Kingdom rationed food, particularly sugar.”*

Calling it a “natural experiment” is misleading, unless the rationed food was intended and part of the World War II Psy-Op, as the official story is that there was a scarcity of supplies caused by the Second World War and the German strategy to restrict British imports.


Sugar was one of the first foods rationed, and quickly followed by fruits, cereals, rice, chocolate, biscuits, and seed/vegetable oils, including margarine. In other words, extremely toxic and damaging foods rich in carbohydrates and plant-based fats/oils.

During World War II, the UK implemented strict rationing measures for various imported foods to ensure fair distribution. In 1942, items such as **dried fruit, rice, peas, tinned tomatoes, sweets, chocolate, and biscuits** were added to the list of rationed goods <sup>4</sup> [6]. Sugar was one of the first items to be rationed, starting in January 1940[6]. Other items like margarine, jam, cheese, and eggs were rationed in 1941[6]. By 1953, sugar rationing ended in February[5][6], and in July, all other food rationing ended[5][6]. Tea remained rationed until October 1952[6].

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To be fair, some cuts of meat and also eggs were slightly restricted, mostly to be able to keep up with demand as other foods were limited and people wanted their meat and eggs. However, the more severe restrictions included processed dairy

and processed meat products that were usually imported, such as different cheeses, sausages, bacon, cold cuts/deli meats/ham, and canned products.

During 1942 to 1953 in the UK, many imported food items were rationed, including:

- **Bacon and Ham:** Rationed from 8 oz to 4 oz per person per week. <sup>2</sup>
- **Cheese:** Rationed to ensure a steady supply. <sup>3</sup>
- **Sausages and Cold Cuts:** These were generally part of the broader meat rationing. <sup>3</sup>
- **Canned Products:** Various canned goods, including fruits, vegetables, and meats, were rationed using a points system. <sup>3</sup>

Also, pregnant mothers, children and invalids received more eggs (double the ration) and also more meat. This meant that children during this period had a lower chance of developing nutrient deficiencies, while also being less exposed to toxic foods, which is important to understand for the outcome of the study.

During the food rationing period in the UK from 1942 to 1953, pregnant mothers, children, and certain invalids received additional rations of eggs and meat to ensure they had adequate nutrition. Pregnant women and children under five were given priority access to milk and eggs, while some invalids were allowed more milk and cheese as well. <sup>1 2 3</sup>

W en.wikipedia.org  
Rationing in the United K...

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'A fair share for all'; ratio...

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So, this food restriction resulted in a small restriction of eggs and meat, which could cause some minor nutrient deficiencies

in some people. The reduction in unhealthy processed meats products did not really matter, as they are not as nutrient dense and also contain some toxic chemicals as they have been processed. However, the huge restriction of toxic plant-based garbage, especially carbohydrates and seed oils, contributed to a much lower toxic load on the body, while not restricting nutrients as they are not bioavailable in plant-based foods anyway, and that is why the researchers looked at the data that they did.

*“The end of food rationing led to an immediate increase in children’s sugar intake (+50%–60%; approximately 25 grams more) and fat intake (+10%–20%; approximately 6 grams more), which amounts to approximately 160 more total calories consumed per day.”*

Yes, this shows how brainwashed the population was, and still is today as sugar intake has increased almost by four times since then. The estimated mean daily intake of total sugar among preschool-aged children today is 86 grams according to the lying WHO. However, that is only counting “simple sugars” and not carbohydrates, which is the real problem, as all carbohydrates turn into glucose that damages the body.

The estimated **total daily sugar intake among preschool-aged children is approximately 86 grams**, based on a study conducted between 2014 and 2016. <sup>1</sup> This figure includes both free and added sugars.

 [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

Dietary sugar intake am...

 [cdc.gov](https://cdc.gov)

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How Much Sugar Is Too ...



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Keep in mind that humans are obligate hyper carnivores and we manufacture our own glucose as we need it in perfect quantities through gluconeogenesis. Humans are meant to run on animal fats as we manufacture our own glucose. Therefore, humans should not consume any carbohydrates at all, as that will increase blood glucose over safe levels and damage all our soft tissues and organs. In other words, humans, and especially children should consume ZERO, as in 0 grams carbohydrates a day. However, according to the latest statistics, children aged 2 to 5 years consume an average of 220 grams of toxic carbohydrates per day! That is about what I consumed in the early 2000's when I believed I needed carbohydrates as an athlete and bodybuilder to gain weight! 220 grams of toxic carbohydrates for a kid weighing about 16 kg is extreme! I used to consume 200 grams around my workouts and that was it for the day, and I weighed 90 kg! I never consumed more than 300 grams in a day, and I also preferred ketogenic diets or cycling carbs. And with that in mind, the “scientific” recommendation

is about 0.5 grams per kg of body weight before and after a workout, which is a maximum of 90 grams for someone at 90 kg. And these small kids at 16 kg of bodyweight consume 220 grams a day! Insanity! So yes, parents are literally killing their own children. It's a total disaster!

According to the National Health and Nutrition Examination Survey (NHANES) conducted in 2017/18, the estimated total daily carbohydrate intake from food and beverages for male children and adolescents in the United States is as follows: **children aged 2 to 5 years consume an average of 220 grams per day**, those aged 6 to 11 years consume an average of 260 grams per day, and those aged 12 to 19 years consume an average of 283 grams per day. <sup>1</sup> These figures are based on dietary recall interviews and are representative of the U.S. population.

 statista.com

U.S. carbohydrate intake...

 uhhospitals.org

Carb Counting Nutrition...

 cdc.gov

Carb Counting | Diabetes...

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A typical 90 kg bodybuilder might consume around **60 to 90 grams** of carbohydrates in total for their pre- and post-workout meals. This range is based on the recommendation that carbohydrates should be consumed to maintain glycogen levels and support muscle recovery. For example, a meal might include 30 to 45 grams of carbohydrates before the workout and another 30 to 45 grams after the workout to aid in recovery and replenish glycogen stores. <sup>1</sup> <sup>7</sup>

 forbes.com

What To Eat And Avoid ...

 verywellfit.com

How Many Grams of Pro...

 muscleandfitness.com

How Much Protein, Carb...

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*“When analyzing the populations decades later (e.g., in their 50s and 60s), the participants who were born during sugar rationing had a 36% lower risk of type 2 diabetes, a 19% lower risk of hypertension, and a 31% lower risk of obesity compared to the participants who were born after sugar rationing ended; these protective effects increased*



*with the amount of time that individuals spent growing up during food rationing.”*

Not surprising as we know that consuming carbohydrates, as in achieving unnatural elevated blood glucose above normal levels as maintained by our natural manufacturing of glucose will damage all soft tissues, muscle tissue, and organs, and especially our arteries and heart, as in our cardiovascular system. This damage is increased manifold if there are also any kind of seed/vegetable oils present, as in plant-based unsaturated fats as they are not chemically compatible with human physiology and also very prone to oxidation and rancidity, causing even more damage. As cells are damaged over time, they can't use or store as much glucose as previously and once they're severely damaged, they shut down completely to protect themselves or they would die. This is what is called type 2 diabetes.

Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues.

Elevated blood glucose levels can lead to a range of serious complications, including:

- **Heart Disease:** High blood glucose levels can damage blood vessels, increasing the risk of heart disease, heart attacks, and strokes.
- **Nerve Damage (Neuropathy):** Prolonged exposure to high blood glucose can damage nerves, causing numbness, tingling, and pain in hands and feet.
- **Kidney Disease (Diabetic Nephropathy):** Uncontrolled blood glucose levels can damage kidneys, leading to kidney failure and the need for dialysis.
- **Gum Disease (Periodontitis):** High blood glucose levels create an environment conducive to bacterial growth, increasing the risk of gum disease and tooth loss.
- **Dementia:** Research suggests that elevated blood glucose levels may contribute to the development of vascular dementia, a type of dementia caused by decreased blood flow to the brain.
- **Mood Disorders:** High blood glucose levels have been linked to an increased risk of depression, anxiety, and other mood disorders.
- **Eye Problems:** Prolonged hyperglycemia can damage blood vessels in the eyes, leading to conditions such as diabetic retinopathy, cataracts, and glaucoma.

In summary, elevated blood glucose levels above normal physiological ranges, as maintained by gluconeogenesis, can lead to insulin resistance, beta cell dysfunction, and glucagon overproduction, ultimately causing tissue damage and potentially manifesting as diabetes.

According to physiological and biological principles, obesity is not a direct cause of diabetes or organ damage. Instead, it is the prolonged exposure to chronically high blood glucose levels and a toxic load that contributes to the development of both obesity and diabetes, as well as organ damage.

In biology and physiology, it is well-established that polyunsaturated and monounsaturated fatty acids from plants are prone to oxidation and rancidity. This process occurs readily, often before consumption, and has significant consequences for human health.



Unsaturated fatty acids, characteristic of plant-based foods, are not a part of human physiology.

Unsaturated fats from plants exhibit distinct chemical properties compared to those found in animals and humans. The primary difference lies in the configuration and distribution of double bonds within their fatty acid chains.

When humans consume plant-sourced unsaturated fats, their bodies must convert these fatty acids into a more usable form. This conversion process involves:

- Desaturation: adding double bonds to saturated fatty acids
- Elongation: increasing the chain length of fatty acids
- Isomerization: rearranging double bonds

However, this conversion process can lead to:

- Toxic residues: the formation of unwanted byproducts, such as epoxides and hydroperoxides
- Oxidation: the breakdown of fatty acids into reactive aldehydes and ketones

These metabolic byproducts can have adverse effects on human health, including inflammation, oxidative stress, and potentially even disease development.

In summary, the consumption of seed/vegetable oils, especially in combination with high-carbohydrate foods that increase blood glucose levels, contributes to the development of atherosclerotic plaques and subsequent cardiovascular complications, including high blood pressure, atherosclerosis, and stroke.

In summary, polyunsaturated and monounsaturated fatty acids from plants are not considered beneficial or necessary for maintaining human health. This understanding is grounded in biological and physiological principles.

And since foods that are high in carbohydrates and/or seed oils are usually totally void of any bioavailable nutrients, a diet that is high in these foods will cause nutrient deficiencies which will increase hunger and cravings as the body is desperately trying to get you to eat more or find better food to supply these missing nutrients, hence overeating and obesity. Of course, the toxicity of these foods will also cause new fat cells to form in order to encapsulate these toxins if you can't properly detoxify (which is the case if you have nutrient deficiencies.) I've covered all this in my article "[\*What Makes You Fat?\*](#)"

n biology and physiology, hunger and cravings are natural responses to nutrient deficiencies, particularly from micronutrients and animal fats. When the body lacks essential nutrients, it triggers a physiological response to motivate the individual to consume more food to restore balance. This response is designed to ensure life-sustaining processes continue uninterrupted.

*“Early-life nutrition — nutrition in the first 1,000 days of life from conception to 2 years of age — is critical for growth and development. Both undernutrition and overnutrition in early life are associated with a greater risk of chronic disease development in adulthood.”*

There is no such thing as “overnutrition,” as “nutrition” is the definition of taking in food and using it for growth, metabolism, and repair. It involves the biochemical and physiological processes by which an organism uses food to support its life, providing nutrients that can be metabolized to create energy and chemical structures. Nutrition is also defined as the act or process of nourishing or being nourished, specifically the sum of the processes by which an animal or plant takes in and utilizes food substances.

“*Overnutrition*” would be consuming more than you need of actual nutrients, as in your species appropriate diet of solely animal based foods. And that would simply be a waste, as your

body would store what it could for later use and then discard whatever it can't use.

As long as the nutrients are in animal form, as in fully bioavailable and bioactive, they are non toxic and can't cause any damage no matter the quantities. You can never hurt yourself by eating "too much" of something that is species appropriate. The body will use what it needs and simply discard the rest. Simple biology and biochemistry.

According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal based foods to thrive.

In biology, biochemistry and physiology, it is widely accepted that nutrients found in animal derived foods, such as meat and organ meats, are stored similarly to those in human tissues. This means that the nutrients in animal products are

- 1 **Fully bioavailable.** The nutrients in animal derived foods are readily absorbed and utilized by the human body just like those stored in human tissues
- 2 **Non-toxic** Since the nutrients are stored in a similar manner, they cannot be toxic or harmful to humans. The body's natural processes recognize and utilize these nutrients without adverse effects

According to physiological and biochemical studies, the best bioavailable and non-toxic sources of certain essential nutrients are often found in animal-based foods, which store these nutrients in forms similar to those found in humans.

## The Body's Nutrient Utilization Process

The body uses a specific amount of each nutrient or compound to perform its various functions. **If the intake of a particular nutrient or compound exceeds the body's current needs, the excess will be either stored or discarded.** This is because the body has a limited capacity to utilize excess nutrients or compounds.

So, in this scenario of consuming toxic carbohydrates and seed oils, it is not “*overnutrition*,” it is simply “overfeeding on toxic species inappropriate foods.” And anyone with some common sense should understand that doing such a thing will cause tremendous damage, especially over time.

*“The authors of the summarized study suggested that the primary influence on chronic disease stemmed from the changes in sugar exposure alone, but sugar accounted for approximately 100 calories of the total 160-calorie increase observed, and they somewhat glazed over the 10% to 20% increase in fat intake. Early-life sugar intake has been associated with the development and long-term risk of chronic disease, whereas the quantity of fat and protein intake may have less of an effect on chronic disease risk than their quality.”*

Calories do not exist as they are a measurement of heat, as in heat units, and that is not how our body works. So, “calories”

are totally irrelevant, and anyone mentioning calories only shows complete lack of understanding of human physiology. The only relevant thing is the toxicity and the damage that species inappropriate foods do to the body, and that damage accumulates.

And while fat might seem to have a less effect on chronic disease, you still have to separate between natural and healthy animal fats which include saturated fats, cholesterol and polyunsaturated fats (omega 3,) and those of the extremely toxic and damaging plant-based unsaturated oils, as in plant based polyunsaturated fats and monounsaturated fats.

Based on biological and physiological principles it is recognized that only protein and fat are essential macronutrients for humans. This understanding stems from the body's ability to manufacture its own glucose through gluconeogenesis, a process that converts non-carbohydrate sources such as amino acids and glycerol into glucose.

## **Essential Fats and Cholesterol**

In biology, biochemistry, and physiology, it is well-established that saturated fats and cholesterol are vital components of our cells. They are the building blocks of cell membranes, providing structure and function to every cell in the body.



In biology, biochemistry, and physiology, it is widely accepted that saturated fats are vital components of human biology. They are present in the body's tissues and play crucial roles in various biological processes. As we are composed of saturated fats, they cannot be the primary cause of disease.

Based on biological and physiological studies, it is established that **humans do not require unsaturated fats from plants**. The human body can synthesize essential fatty acids (EFAs) from other lipids, and the necessary building blocks are provided by animal-based sources.

In summary, polyunsaturated and monounsaturated fatty acids from plants are not considered beneficial or necessary for maintaining human health. This understanding is grounded in biological and physiological principles.

Any kind of plant based unsaturated fat will cause damage in the body. However, that damage is increased several times if blood glucose is elevated, as that will increase oxidation of the fatty acids, and since the fatty acids are not chemically compatible with human physiology, these fatty acids need to be converted. However, most of them will not, and the more oxidized they are, the harder it will be for the body to do anything with them. In other words, the more oxidized they are,

the longer they will circulate in the bloodstream causing damage to tissues before they end up in your organs to be detoxified. Also, as long as blood glucose is elevated from consuming carbohydrates, your fat metabolism is shut down as glucose metabolism takes priority or you would die. So, these fatty acids will be in your blood for a very long time before they can either be converted or broken down and neutralized (causing more damage) in your liver and kidneys as part of the detoxification process.

### **Atherosclerosis: A Complex Interaction of Unsaturated Fats and High Blood Glucose**

Atherosclerosis, a chronic inflammatory condition, develops as a result of the prolonged exposure to unsaturated fats and chronically high blood glucose levels. Unsaturated fats accumulate on the artery walls, contributing to the formation of plaques. This process is exacerbated by the damaging effects of chronically high blood glucose levels on the artery walls.

#### **Chronic High Blood Glucose and Artery Wall Damage**

Chronic high blood glucose levels damage the artery walls through various mechanisms, including:

1. **Glycation:** The non-enzymatic attachment of glucose molecules to proteins and lipids, leading to structural changes and inflammation.
2. **Advanced Glycosylation End-products (AGEs):** The accumulation of glycation products, which can activate immune cells and promote oxidative stress.

These damage mechanisms contribute to the weakening and stiffening of artery walls, making them more susceptible to plaque formation and rupture.


## Interplay between Unsaturated Fats and High Blood Glucose

The interplay between unsaturated fats and high blood glucose levels amplifies the atherosclerotic process. Oxidized unsaturated fats can further exacerbate inflammation and damage to the artery walls, while chronically high blood glucose levels can enhance the accumulation and oxidation of unsaturated fats.

In summary, atherosclerosis is a complex disease driven by the interplay between prolonged exposure to unsaturated fats and chronically high blood glucose levels. Understanding this interplay is crucial for developing effective prevention and treatment strategies.

**Liver Damage Causes:** According to biology, physiology, and biochemistry, the most common reasons for liver damage include:

- **Toxic Exposure:** This can come from various sources such as medications, heavy metals, pesticides, plant defense chemicals, and antinutrients.
- **High Blood Glucose:** Elevated blood glucose levels can also contribute to liver damage.
- **Non-Converted and/or Oxidized Unsaturated Fats:** Consuming non-converted and/or oxidized unsaturated fats from plants can be harmful to the liver.

 [rarediseases.org](https://rarediseases.org)  
Heavy Metal Poisoning

 [webmd.com](https://www.webmd.com)  
Toxic for Your Liver: Drug

 + 1 more

And yes, this is why a lot of people lose weight on a ketogenic diet although they consume a lot of “fat,” because they do not understand the difference between healthy and energy-providing saturated fats and plant-based oils that go rancid and has to be eliminated by the liver and kidneys. Only a small fraction of seed/vegetable oils will be converted and provide energy while the majority of it will cause extreme tissue damage and eventually be discarded by the body.

The body primarily deals with rancid, oxidized, and damaged unsaturated fats by breaking them down and discarding them rather than converting them into usable forms. These damaged fats are treated as toxins and are not used for energy. The liver plays a key role in detoxifying these harmful substances, and they are eventually excreted from the body. The process involves the breakdown of these fats into smaller components, which are then eliminated through bile or other metabolic pathways. This ensures that the body does not utilize these potentially harmful substances for energy. > >

Detoxified and discarded components of damaged fats do not provide energy; instead, they are treated as waste products and removed from the body to prevent further harm. This process helps protect the body from the adverse effects of consuming oxidized fats, which can lead to inflammation and other health issues. > >

soleneedirect.com  
Rancidity – an Overview

chem.libretexts.org  
14.2: Fats and Oils – Chap.

vedantu.com  
Rancidity – Types, Cause,

2 more

*“It’s advisable to stick to guidelines that recommend zero added sugars and emphasize breastfeeding during the first 1,000 days of life. However, based on this study, we cannot definitively say that increased sugar exposure in early life leads to increased chronic disease risk decades later, given the observational study design, limited control of confounders, and limited understanding of the underlying mechanism. Nonetheless, lifestyle changes that involve diet and exercise can be applied throughout life to reduce the risk of chronic disease and even increase lifespan.”*

It is advisable to remove all plant-based and processed foods for the entirety of your life! Any exposure will cause damage and is totally unnecessary, especially to children who naturally gravitate towards animal-based foods but are totally unaware of human nutrition and ultimately eat what their parents serve and do as they say.

And no, Examine staff, there is no “*limited understanding of the*

*underlying mechanism.*” This is very simple biology, physiology and biochemistry, as I’ve already explained above and in countless other articles. Crap in equals crap out. It’s common sense.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I’m available for both coaching and consultation.

## Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you’re interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!



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